

ACTS OF KINDNESS

SCANNING THE ENVIRONMENT FOR THE POSITIVE

Select one person for whom you're thankful for, daily.

Express your appreciation - in person, phone call, email or text.
(be sure to express what it is your grateful for)

Express your appreciation in a language the other person can hear.
(Suggestion: Read the book, The Five Love Languages by Gary Chapman)

- Quality time
- Touch
- Words of Affirmation
- Gifts
- Acts of Appreciation